

LEVEL: SINGLE

SINGLE – BASERUNNING

Able to run two bases
and stopping at the
final base

Below is an activity that can be used to prepare for this skill:

ACTIVITY STOP AND GO

[Click here](#) for video demonstration

Goal: Introduce athletes to deceleration when reaching a base safely

Description: Arrange athletes at the four bases. On coach's signal, have the first athlete at each base run full speed towards the next base. Using a whistle or another communication mean, ask athletes to execute a quick stop. Athletes should be able to stop with a maximum of three short steps. Next athlete in line starts on the next go until all athletes are involved. Repeat two or more times.

Equipment: None

VARIATIONS AND PROGRESSION:

- A. Use same exercise while having athletes stop on the next base without running passed the base

